

Global Strategies to reduce the ill-effects of alcohol

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Abstract

Most alcoholics drink alcohol in quantities that are harmful to their health. This practice may lead to death, disease and injury. No level of alcohol consumption is regarded as safe. Drinking heavily can put oneself at risk of short-term injury or illness. The effects of alcohol can be alarming to health over long-term use. Across the world, alcohol is a leading cause of deviant health and early mortality. Alcohol is the commonly used psychoactive substance among Indians. About 14.6% of the population (160 million people) in India consumes alcohol. The consumption of alcohol is lesser (1.6%) in women compared to men (27.3%). Most of the Indian population lives free from alcohol. Significant percentage of alcohol user in India needs guidance and counseling for alcohol related issues. Only about 1 in 38 people seek treatment for alcohol issues. Alcohol gets digested into the blood stream through micro blood vessels in the inner layer of the stomach and small intestine. Within short time of drinking alcohol, it reaches from the stomach to the brain, where it promptly produces its effects, reducing the action of nerve cells. The ill-effects of alcohol are

one of the leading risk factors for health across the world and have a direct effect on many health-associated targets. Every country aims to reduce the health burden caused by the ill-effects of alcohol and, thereby, to save lives, prevent injuries and diseases and improve the well-being of individuals, communities and society at large.

Keywords: Global, Strategies, Reduce, Ill-effects, Alcohol

Introduction

Many of them drink alcohol to relax and socialize. It can be a part of a healthy lifestyle if one drink in moderation with proper exercise and diet. But consuming too much of alcohol can affect ones physical and mental health. Most alcoholics drink alcohol in quantities that are harmful to their health. This practice may lead to death, disease and injury. No level of alcohol consumption is regarded as safe. Drinking heavily can put oneself at risk of short-term injury or illness. The effects of alcohol can be alarming to health over long-term use. Regular consumption of alcohol increases health risks and leads to alcohol dependence, which may require management.

Magnitude of the problem

Across the world, alcohol is a leading cause of deviant health and early mortality. Alcohol is the commonly used psychoactive substance among Indians. About 14.6% of the population (160 million people) in India consumes alcohol. The consumption of alcohol is lesser (1.6%) in women compared to men (27.3%). Most of the Indian population lives free from alcohol. Significant percentage of alcohol user in India needs guidance and counseling for alcohol related issues. Only about 1 in 38 people seek treatment for alcohol issues.

Roadmap to understand the ill-effects of alcohol in the body

Alcohol gets digested into the blood stream through micro blood vessels in the inner layer of the stomach and small intestine. Within short time of drinking alcohol, it reaches from the stomach to the brain, where it promptly produces its effects, reducing the action of nerve cells. Approximately one-fifth of the alcohol is nourished through the stomach. Most of the remaining four-fifth is assimilated through the small intestine. Alcohol reaches from the bloodstream to the liver, which disposes the alcohol from the blood through a process called “metabolizing,” where it is converted to a non-toxic substance. The liver can only synthesize a certain quantity at a time, leaving the remains spread across the body. Thus the severity of the effect on the body is directly related to the quantity consumed.

Short term effects of alcohol

They are as follows:

- Poor judgment
- Confusion
- Difficulty concentrating
- Slowed reaction time

- Blurred vision
- Mood swings
- Blacking out

Long term effects of alcohol

They are as follows:

- Heart disease
- Hypertension
- Depression
- Anxiety
- Cancer
- Memory problems
- Erectile dysfunction

Strategies to reduce the ill-effects of alcohol

Leadership, awareness and commitment – Sustainability depends on strong leadership, a solid base of awareness and commitment. The commitments should normally be revealed through sufficiently which is tailored to regional situations, with detailed objectives, strategies and targets. The policy should be complemented by a strategic action plan and evaluation mechanisms.

Health services’ response - Health services are vital to handle deviants at the individual level among personnel’s with ill-effects of alcohol. The main focus is on prevention and management aspects of alcohol consumption. Another important task of health services and health professionals is to provide awareness on ill-effects of alcohol, support communities in reducing ill-effects of alcohol, and to advocate ideal community-related responses.

Community action - The ill-effects of alcohol may lead to initiation of identification of the problem and finding an appropriate solution for the same. Communities can be motivated and funded by governments and other stakeholders to consume their

regional knowledge and expertise in finding the appropriate solution for the ill-effects of alcoholism.

Drink-driving policies and countermeasures – Drunk and drive largely affects one’s judgment, coordination and other motor functions. Alcohol-impaired driving is a serious threat to health that affects both the drinker and victims. Strict law should be enforced to curb drunk and drive.

Availability of alcohol – General health strategies was framed to regulate commercial or public availability of alcohol. Such measures enhance needed regulations to prevent easy access to alcohol by susceptible or alcohol-prone groups.

Marketing of alcoholic beverages – Avoiding marketing of alcoholism on young and adolescent people is an important step in reducing the consumption of alcohol. The trans-border marketing is a very serious issue in most countries where more youngsters were viewers of the same.

Pricing policies – Measures to avoid teenage drinkers and to stop the practice of binge drinking of alcohol need to be enforced. Raising the cost of alcoholic beverages is an effective method to curb adolescent drinkers.

Reducing the negative consequences of drinking and alcohol intoxication – Strict policies on alcohol consumption and its ill-effects need to be enforced upon. This indirectly curbs the ill-effects of alcohol and its consumption.

Reducing the public health impact of illicit and informally produced alcohol – Production and intake of illegally produced alcohol may lead to health problems due to its high methanol content. Due to this people who consume alcohol may lose their eye-sight and sometimes they end up with death. Measures to

curb this illegally produced alcohol need to strictly enforce upon.

Monitoring and surveillance – Data from monitoring and surveillance is very essential for health care delivery of the measures mentioned earlier. Regional, national and international monitoring and surveillance strengthens the advocacy to curb ill-effects of alcoholism.

Conclusion

The ill-effects of alcohol are one of the leading risk factors for health across the world and have a direct effect on many health-associated targets. Every country aims to reduce the health burden caused by the ill-effects of alcohol and, thereby, to save lives, prevent injuries and diseases and improve the well-being of individuals, communities and society at large.

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